



MEET INFORMATION



Louisiana Youth & Masters Indoor Track and Field Classic

(Clubs and Unattached Athletes)

February 16, 2013



Carl Maddox Field House, LSU
Baton Rouge, LA

Meet Directors: Byron Turner

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ENTRY INFORMATION AND INSTRUCTION

AGE DIVISIONS

	YEARS BORN	Age (As of December 31, 2013)
Tiny Tots	2007 – LATER	6 and under
Sub-Bantam	2005 – 2006	7 – 8 yrs old
Bantam	2003 – 2004	9 – 10 yrs old
Midget	2001 – 2002	11 – 12 yrs old
Youth	1999 – 2000	13 – 14 yrs old
Intermediate	1997 – 1998	15 – 16 yrs old
Young * athletes born in 1994 are also eligible if they do not turn 19 on or before 7/29/2013	1995 – 1996	17 – 19* yrs old
Open	Before 1995	19 yrs and older
Masters	1983 or earlier	30 yrs and older

Entry Procedure

1. All entries will be done electronically through www.coacho.com
2. Entry Deadline is **February 13th at 12 noon.** Entries may be made as early as **Sunday, December 23rd**. You may make changes on line as often as you wish until the entry deadline.
3. No entries will be accepted after the deadline AND NO ON SITE REGISTRATION ALLOWED.

Entry Fees

1. Entry fee for youth athlete will be **\$8.00** per athlete which includes cost for relays and **\$20.00** per adult athlete
2. Payment will be made online through online registration ONLY.

PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in Southwest Portal (athletes and coaches entrance) of the Field house at least 1 ½ hour prior to the start of the first event. Unattached athletes should collect their packets from same area during same time.

AWARDS

Medals will be awarded to the top 3 finishers in every age group. T-shirts will be provided to all participants. Compliments of the Louisiana Office of Physical Fitness.

SANCTION

Event is being Sanction by USATF.

MEET PACKETS

Packets may include heat sheets, time schedule, wrist bands and bib numbers.

MEET ADMISSION

General Public Admission cost is **\$5.00.**

Coaches and spectators with valid proof of USATF Membership are free. You must have evidence of membership for free entry.

ATHLETE CHECK-IN

Running Events: Athletes must check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal).

Field events: Athletes must check in 15 minutes prior to the start of their event with the Head Judge of that event at the event site.

Relay Events: Relay teams should check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal). Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course.

WARMUPS

Running Events: Warm ups for all running events will be outside on the grass field outside the Northwest Portal of the Fieldhouse.

Field Events: Athletes will have access to field event venues for warm ups approximately 45 minutes prior to the scheduled start of competition. Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event. In the high jump, measuring tapes may not be used within 30 minutes of starting time.

HOTEL

Comfort Suites
3045 Valley Creek Drive
Baton Rouge, LA 70808
(225) 923-3377
\$85 per night

Code: Track and Field
DEADLINE: February 1, 2013

Meet Schedule

Running Event Finals (Rolling Schedule after 800m)

9:00am	60m Hurdles	Masters, Open, Interm, Young
9:15 am	3000m	Masters, Open, Interm, Young
9:45 am	60m Dash	Masters, Open, Interm, Young
10:15 am	1500m Race Walk	Masters, Open, Interm, Young
10:30 am	400m	Masters, Open, Interm, Young
11:30 am	1500m	Masters, Open, Interm, Young
12:00 pm	200m	Masters, Open, Interm, Young
12:45 pm	800m	Masters, Open, Interm, Young, Sub-Bantam, Bantam, Midget, Youth
	4x200m Relay	Masters, Open, Sub-Bantam, Bantam, Midget, Youth, Interm, Young
	400m	Sub-Bantam, Bantam, Midget, Youth
	60m	Tiny Tots, Sub-Bantam, Bantam, Midget, Youth
	1500m	Sub-Bantam, Bantam, Midget, Youth
	200m	Tiny Tots, Sub-Bantam, Bantam, Midget, Youth
	1500m Race Walk	Sub-Bantam, Bantam, Midget, Youth
	4x400m Relay	Sub-Bantam, Bantam, Midget, Youth

All events will follow age group order with all female age groups competing prior to male. In Youth events: 60m, 200m & 400m limited to only 5 entries per team per age group unless approved by meet management. Relays are limited to only two teams per age group. Teams must be registered USATF teams prior to start of competition. If limited participants in respective age groups, meet management reserve the right to combine heats, however awards and scoring will be done based on age groups.

All running events will be finals with heats against times.



Field Event Preliminaries/Finals

8:00 am	Weight Throw	Masters/Open
9:00 am	Long Jump	Masters/Open/ Young/Intermediate
9:30 am	Shot Put	Masters/Open/ Interm (B-12lb; G-4kg)/Young (B-12lb; G-4kg)
	Pole Vault	Masters/Open/Young/Intermediate/Youth
10:30 am	Triple Jump	Masters/Open/Young/Intermediate/Youth
11:30 am	High Jump	Masters/Open/Bantam/Midget/Youth/Intermediate/Young
12:00pm	Long Jump	Tiny Tots/Sub-Bantam/Bantam/Midget/Youth
12:00 pm	Shot Put	Youth (B-4kg;G-6lb)/Midget (6lb)/Bantam (6lb), Sub-Bantam (2kg)

All events will follow age group order with all women age groups competing prior to men, beginning with the oldest participant's age group down to open.

Field Events will be contested as follows:

Each Youth entry will have ONLY 3 attempts except in high jumps and pole vaults. There competition rules apply.



Special Thanks to the Governor's Games for providing the competitor's awards and t-shirts for the volunteers.

**Louisiana Indoor Track and Field Classic
Saturday, February 16, 2013**

**Carl Maddox Field House, LSU
Baton Rouge, LA**

Registration form MASTERS ONLY!!!!!!!

Entry fees: \$20 per athlete. Relays entries are Free. Relays will be declared upon call during the meet.

Late Registration: \$25 per athlete.

Pre-registration is required for the Hurdle event

ENTRIES CLOSE AT Noon on February 13, 2013

Name_____ DOB_____ Age on 2/16/13_____ Sex_____

Address_____ City_____ State_____ Zip_____

Phone_____ USATF# _____

Club/Team Name: _____

I hereby agree to release and discharge Southern Association of USATF and Louisiana State University, any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature_____ Date_____

Circle the events you want to enter and your best performance (if any) in the prior year:

60m	_____	800m	_____	Long Jump	_____	Weight Throw	_____
60m Hurdle	_____	1500m	_____	Triple Jump	_____	Pole Vault	_____
200m	_____	3000m	_____	High Jump	_____	4x200 Relay	_____
400m	_____	1500m R/W	_____	Shot Put	_____	4x400 Relay	_____

Make checks payable to US Express Track Club

Mail entry to: US Express Track Club
Attn: Byron Turner

Post Office Box 46314
Baton Rouge, LA 70895